




Spinning® Schedule

July 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 9:00AM Intro Spin Tara (30 Minutes)	2 5:30PM SPIN-N-Sculpt Tara Powell	3 5:00AM Interval Ride Chrissy 5:30PM Interval Ride Chrissy	4 	5 9:15AM Interval SPIN Chrissy	6 5:30PM Happy Hour No Class	7
8 9:00AM Intro Spin Tara (30 Minutes)	9 5:30PM SPIN-N-Sculpt Tara Puitz	10 5:30PM Interval Ride Chrissy	11 5:00AM Interval Ride Chrissy	12 5:00AM Interval Ride Chrissy 9:15AM Interval SPIN Chrissy	13 5:30PM Happy Hour Chrissy	14
15 9:00AM Intro Spin Tara (30 Minutes)	16 5:30PM SPIN-N-Sculpt Tara Puitz	17 5:30PM Interval Ride No Class	18	19 9:15AM Interval SPIN Tara Puitz	20 5:30PM Happy Hour No Class	21
22 9:00AM Intro Spin Tara (30 Minutes)	23 5:00AM Interval Ride Chrissy 5:30PM SPIN-N-Sculpt Tara Puitz	24 5:30PM Interval Ride Chrissy	25	26 5:00AM Interval Ride Chrissy 9:15AM Interval SPIN Chrissy	27 5:30PM Happy Hour Chrissy	28
29 9:00AM Intro Spin Chrissy (30 Minutes)	30 5:30PM Interval Spin chrissy	31 5:00AM Interval Ride Chrissy 5:30PM Interval Ride No Class	<div style="border: 2px solid blue; padding: 10px; width: fit-content; margin: 0 auto;"> <p>Sign Ups start 15 minutes prior to class at front desk!</p> <p>Please bring towel and water bottle! to class!</p> </div>			